Mountain Weather Forecast

Southwest Highlands

Including Ben Nevis, Glen Coe and the rest of Lochaber, Argyll including the Isles, Loch Lomond, Trossachs and Arran

Forecast valid from 06:00 on Sunday 04 Jun 2023 until 23:59 on Monday 05 Jun 2023

Forecast Issued on Sunday 04 Jun 2023 at 02:28 by Met Office Aberdeen

Confidence: High for dry and settled weather well into next week. Low for extent of low cloud.

Headline for Sunday 04 Jun 2023: Dry with plenty of strong sunshine

Mountain weather hazards on Sunday 04 Jun 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** No Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** High Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Sunny intervals	Sunny intervals	Sunny	Sunny	Sunny	Sunny
Precipitation probability					
00%	00%	00%	00%	00%	00%

Forecast for Sunday 04 Jun 2023

Weather: Chance of some low cloud across southern Kintyre, Islay and Jura at first along with the eastern Trossachs. Otherwise it will be a dry day with long spells of strong sunshine. Very warm by afternoon.

Chance of cloud-free hill tops above 800m: 90%

Low Cloud and visibility: Poor in any low cloud down to 200 metres at first, this dispersing through the morning. Otherwise very good visibility and good air clarity with any cloud above the summits this afternoon.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Sunday 04 Jun 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	8/9 SW	5/8 NW	7/10 W	8/12 W	9/13 W	4/6 N	5/6 E
900	4/6 SW	4/7 W	7/10 W	8/12 W	10/14 W	5/7 N	6/8 E
600	6/7 NE	4/6 NW	6/10 W	8/12 W	9/13 W	5/7 NW	6/8 NE
300	3/5 N	3/5 NW	6/9 W	7/11 W	6/10 W	3/5 N	3/5 NE
Glen	4/6 E	2/4 SE	6/9 SW	8/12 SW	9/14 W	4/6 W	3/7 E

Height (m)	Temperature / Feels Like (°C)						
1300	8/6	8/6	9/8	11/9	10/8	8/8	8/7
900	10/9	12/11	14/12	15/14	14/12	11/10	9/7
600	11/10	12/12	15/14	17/15	16/14	13/13	12/11
300	12/12	15/15	17/16	19/17	18/17	16/16	13/13
Glen	14/13	18/18	21/20	22/20	20/18	16/16	12/12
Freezing Level*	2200m	2200m	2200m	2200m	2300m	2300m	2200m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Be prepared for sunburn and dehydration on long hikes

Forecast for Monday 05 Jun 2023
Weather: Overnight mist and low cloud across the east of the area burning off through the morning, otherwise a dry day with some lengthy spells of strong sunshine. Very warm by afternoon with a high risk of sunburn and dehydration.

Maximum wind: Variable in direction 10 mph

Chance of cloud-free hill tops above 800m: 90%

Low Cloud and visibility: Poor in any early low cloud down to 200 to 500 metres, otherwise very good visibility with cloud above the summits by afternoon

Temperature: **Glens:** Plus 6 rising to 23 Celsius
At 800m: Plus 8 rising to 14 Celsius
Freezing level: Above summits

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